**Supplementary Table 4.** Magnitude thresholds based on standardisation factors.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Beneficial effects (%)** | | | | |
| **Small** | **Mod** | **Large** | **V.Large** | **X.Large** |
| **VO2peak** | 5.0 | 16 | 34 | 63 | 170 |
| **BMI** | -4.0 | -12 | -22 | -33 | -56 |
| **WC** | -2.5 | -7.3 | 14 | -22 | -40 |
| **FAI** | -12 | -32 | -54 | -72 | -92 |
| **HOMA-IR** | -12 | -32 | -54 | -72 | -92 |
|  | **Harmful effects (%)** | | | | |
| **VO2peak** | -5.0 | -14 | -27 | -40 | -64 |
| **BMI** | 4.0 | 13 | 27 | 48 | 120 |
| **WC** | 2.5 | 7.7 | 16 | 28 | 64 |
| **FAI** | 12 | 41 | 97 | 210 | 860 |
| **HOMA-IR** | 12 | 41 | 97 | 210 | 860 |

Mod – Moderate, V.Large – Very Large, X-Large – Extra Large, VO2peak – Peak Oxygen Consumption, BMI – Body Mass Index, WC – Waist Circumference, FAI – Free Androgen Index, HOMA-IR – Homeostatic Model Assessment of Insulin Resistance.